



# STUDY HABITS AS A MEASURE OF ACADEMIC ACHIEVEMENT OF SENIOR SECONDARY SCHOOL STUDENTS IN RELATION TO TYPE OF SCHOOL AND GENDER

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## ABSTRACT

The present study is a humble attempt to identify the relationship between Study Habits and Academic achievement of Senior Secondary School Students. Descriptive in nature, the study was carried out on 196 senior secondary school students in which 102 were male students and 93 were female students taken from both the Private and Government schools by using simple random sampling technique. Study habits inventory designed by B. V. Patel was used to assess the study habits and the total marks obtained by the students in the previous class were taken as their academic achievement. Mean (M), Standard Deviation (S.D), Pearson Product moment correlation (r) and t-test are the statistical techniques employed to draw results. The result of the study revealed the fact that Study Habits has a moderately high and positive influence on academic achievement of students and showed that female students possess slightly good study habits than that of male students. It was also concluded that Private school students hold good study habits than that of Governmental school students.

**KEYWORDS:** Study Habits, Academic achievement, Educational achievement, Capacity building, Habit of concentration.

## INTRODUCTION

Education in its narrow meaning devotes the field of study dealing with methods of teaching and learning in the four walls of school but in its broad meaning, it touches and effects on all the aspects of human life, individuals, societies and nations and also plays a pivotal role in developing them at their fullest level.

Education is a procedure through which the mind and personality of human being is shaped and developed. This is an important process that effect on almost all the social institutions of the society such as Homes, Schools, Colleges, Mosques and Churches and also enlighten them at their best level. Abdur Raheem (2015) stated that a person develop his attitude, skills, abilities and competencies in all walks of life related to him. This is a best treasure which a country can provide to her National in order to form an elevating society. Asiru (2014) stated that education plays a catalyst role in the development of individuals, Society and of the Nation as a whole. Dagbo (2014) was also of the opinion that education is an important tool for social growth and development for all sections of a society including its economy, social and political well-being. Olayanju (2014) also pointed out that education plays a crucial role in human capacity buildings and skills acquisition.

### 1. Academic achievement

Academic achievement indicates the ups and down in the academic level of the student during the period of learning in schools and colleges. It can also be defined as total aggregate school examination marks converted into percentage. Educational achievement refer to educational or Academic performance as a specified level of attainment or proficiency in academic work as evaluated by teachers by standardized tests or teacher made tests or by combination of both.

Academic achievement of the students largely depends on the quality of education and quality come when the factors affecting the academic achievement of the students can be controlled and evaluated. A number of personal, psychological and social factors influence the academic achievement of the students such as Socio-economic Status, parental involvement, emotional maturity, intelligence, study habits etc.

Learning how to study is really an essential process for students. As one goes on studying, one finds more means, formulas and methods that offer new information suggesting a new direction leading the students on the ladder of progress and success on an interesting and successful direction. So, learning how to study or to develop good study habits is an infinite process, and one should adopt different strategies and modes according to their task of learning.

### 2. Study Habits

The study habits of a learner expose the ability to manage his time, the plan of his study, the reading style, the habit of concentration, note making, mental concentration and the judicious application of various methods of survey, such as whole and part method, issued and distributed learning.

Research studies concerning the role of study habits in academic achievement of the students also exposes the importance of study habits among students. Prakash Alex (2009) interpreted the study habits and academic achievement of higher secondary school students from broken families stating that there was no significant difference between boys and girls of broken families with regard to their study habits and no significant difference was found between urban and rural children

of broken families in respect of their study habits Jagannath and Dange (2007). Stated that there was a positive relationship between study habit and achievement in Physics among senior secondary school students. Annaraja and Mohanan (2006) concluded a significant and positive correlation among academic achievement, study habits and level of aspiration of higher secondary students of government schools. Ramachandra Reddy and Nagaraju (2001) explored the fact that no significant impact of gender was found on the study habits of the students and there was no interaction effect of sex and locality on the study habits of the secondary students. Singh and Husain (2011) revealed a significant co-relation between study habits and Academic Achievement in Higher Secondary Students. Riaz and Kiran, (2002) in their study tried to find out the relationship of study habits with educational achievement of graduate and post graduate students and proved that there was a significant positive relationship between the academic achievement and proper study habits of the students.

It's apparently clear from the reviews related to this area of educational study that study habits considerably contribute and influence the academic achievement of students. The present paper is brief attempt to examine the influence of study habits on the academic achievement of higher secondary school students and also focusing on the gender and type of schools.

### 3. Methodology

The present study establishes the relationship between Study Habits and Academic achievement of Senior Secondary School students. The sample consists of 196 students (102 males and 96 females) were selected through simple random sampling technique from different schools of both Private and Governmental schools of Aligarh city. Study Habits inventory developed by B. V. Patel was used for data collection process, while the total mark obtained by the students in the previous class were used as their academic achievement. Mean (M), Standard Deviation (S.D), Pearson Product moment Correlation (r) and t-test are the statistical techniques used in the present study.

### 4. Objectives of the Study

1. To study the relationship between Study habits and Academic achievement of the total sample.
2. To study the relationship between Study habits and Academic achievement of the male students.
3. To study the relationship between Study habits and Academic achievement of the female students.
4. To study the significant difference between male and female students in relation to their Study habits.
5. To study the significant difference between government and private students in relation to their Study habits.

### 5. Hypotheses of the Study

1. There would be no significant relationship between Study habits and Academic achievement of the total sample.
2. There would be no significant relationship between Study habits and Academic achievement of male students.

- There would be no significant relationship between Study habits and Academic achievement of female students.
- There would be no significant difference in the study habits of male and female School students.
- There would be no significant difference in the study habits of Government and Private School students.

## 6. Data Analysis

**Table 1- Showing the relationship between Study Habits and Academic achievement of Senior Secondary School Students**

Variables	N	r- value	Sig.(2 tailed)
Study Habits	196	0.65	.000*
Academic Achievement			

\*Significant at 0.05 level

Table 1 shows that the correlation coefficient "r" between Study habits and academic achievement is found to be 0.65 ( $p=.000<.05$ ) which indicates a positive and high correlation and hence null hypothesis No 1. That "There exists no relationship between Study habits and academic achievement of upper primary students" is rejected.

**Table 2- Showing the relationship between Study Habits and Academic achievement of male Students of Senior Secondary School**

Variables	N	r- value	Sig.(2 tailed)
Study Habits	102	0.59	.000*
Academic Achievement			

\*Significant at 0.05 level

Table 2 shows that the correlation coefficient "r" between Study habits and academic achievement is found to be 0.59 ( $p=.000<.05$ ) which indicates a positive and high correlation and hence null hypothesis No 2. That "There exists no relationship between Study habits and academic achievement of male Students of Senior Secondary School" is rejected.

**Table 3- Showing the relationship between Study Habits and Academic achievement of female Students of Senior Secondary School**

Variables	N	r- value	Sig.(2 tailed)
Study Habits	94	0.68	.000*
Academic Achievement			

\*Significant at 0.05 level

Table 3 shows that the correlation coefficient "r" between Study habits and academic achievement is found to be 0.79 ( $p=.000<.01$ ) which indicates a positive and high correlation and hence null hypothesis No 3. That "There exists no relationship between Study habits and academic achievement of female Students of Senior Secondary School" is rejected.

**Table 4- Showing the Significant difference in Study Habits between male and female Senior Secondary School Students.**

Variables	N	Mean	S.D	t-value	Sig.(2 tailed)
Male	102	160.37	24.08	2.21	.028
Female	94	152.07	28.34		

\*Significant at 0.05 level

The t-value between male and female Senior Secondary School students is found to be 2.21 ( $p=.008<.05$ ), which indicates that females students differ significantly with their male counterparts in their Study Habits. Thus null hypothesis that "There would be no significant difference in the study habits of male and female School students" is rejected.

**Table 5- Showing the Significant difference in Study Habits between Government and Private Senior Secondary School Students.**

Variables	N	Mean	S.D	t-value	Sig.(2 tailed)
Government	71	148.75	26.64	3.11	0.002
Private	125	170.74	25.47		

\*Significant at 0.05 level

The t-value between Government and Private Senior Secondary School students is found to be 3.11 ( $p=.002<.05$ ), which indicates that Private School students differ significantly in their Study Habits. Thus null hypothesis that "There would be no significant difference in the study habits of Government and Private School students" is rejected.

## 7. Conclusion

From the above results of the study, it was concluded that Study Habits play a noteworthy role in the academic achievement of senior secondary school students. It is marked as a significant contributor towards one's academic achievement. Study habits has a positive and significant impact on academic performance of school going students and has a positive and momentous influence to both the genders. The academic achievement of both male and female groups are highly influenced by the type of study habits they possessed.

Also the study manifested that females do possessed a better degree of study habits than that of their male counterparts. It can also be concluded from the above discussion that students of Private schools have higher order study habits than that of those belonging to Governmental schools. This point is true in case of both genders.

## 8. Suggestions

- Further studies of similar topics can also be conducted on primary, upper primary and of secondary schools students.
- Major factors like Parental involvement, Socio-economic Status, Teacher-Pupil ratio can be investigated in relation to study habits of students.
- Different studies related to study habits of students of rural areas can be carried out.
- Teachers and parents must concentrate on the study habits of students and timely give a positive direction to their study habits.
- The study is confined within Aligarh city. Similar type of study can made to other districts of the state.

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